**UkraineDigiTrans**

# UkraineDigiTrans Newsletter: Autumn 2025 Events

The official newsletter of the Erasmus +
Project UkraineDigiTrans "Digital Transformation of Medical
Education in Ukraine"

# ELearning, Resilience, and AI: Key Takeaways from the 3rd Workshop in Finland

## Institution: LAUREA

From 6 th to 10 th of October 2025, Laurea University of Applied Sciences hosted the third **Train the Trainers** workshop in Finland as part of the **UkraineDigiTrans project**. This event brought together experts and educators to explore innovative approaches to teaching and learning in the digital era.

The programme combined theory with practice, covering topics such as digital pedagogy, pedagogical media, resilience and wellbeing, and the role of AI and digital tools in education.

The workshop opened with an overview of the programme and a status update on current project developments. A collaborative session with the **MEDigi project**, led by Tiina Salmijärvi from the University of Oulu, examined the digital transformation of medical education in Finland.

This was followed by a presentation on Laurea's **updated Learning Design model** by the Project Coordinator Tuija Marstio.

Anssi Mattila (Laurea) held a thought-provoking discussion on **student and peer assessment**, including the implications of integrating AI into assignments. The day concluded with insights from a **teacher wellbeing survey conducted in Ukraine,** presented by Tetiana Schrudorova from Bukovinian State Medical University.



The second day focused on the **power of media in education.** Juha Takanen and Tomi Tolonen from Laurea UAS held an introduction session first, in which they underlined some crucial aspects of using media in learning settings.

On the third day, Eleni Dafli from Aristotle University of Thessaloniki introduced the participants to another EU project, with her session about scenario-based learning: practical skills in clinical scenario **EU Project VHealthLab - Science Labs Anywhere**. Next, Ilkka Vuorikuru from Laurea University of Applied Sciences led a session on resilience. In the afternoon, participants visited *Metropolia UAS's* simulation hospital. Ari-Pekka Åker from Metropolia held an introduction about the simulation hospital and how it is used, after which there was a tour around the simulation rooms.





The final day, Outi Ahonen and Laura Tahvanainen from Laurea **addressed AI perceptions in social and healthcare services**, followed by a hands-on session on solution- and resource-oriented methods for wellbeing and hope by Jaakko Tyni (Laurea). The next session was about **the future trends in digital skills**, held by Anastassia Rodina Theocharaki and Ioanna Dratsiou (AUTH).

In the afternoon, a roadmap was built and instructions for the distance period were given to the participants. The workshop concluded on an inspiring note with a speech by the **Ambassador of Ukraine, H.E. Mr Mykhailo Vydoinyk.**

The fourth workshop day concentrated on the digital tools and AI. The day started with Iraklis Tsouporoglou from AUTH discussing **AI in the clinical scenario**, followed by a session from Tomi Tolonen (Laurea), who talked about AI regulations and gave some practical hints for the use of AI.

In the afternoon Iraklis and Tomi held a mini workshop about new **digital tools** and best practices of using these tools. Participants also shared some of their recommendations for the whole group.

# Interactive Pedagogy and AI in Medicine: Implementation of UkraineDigiTrans Practices at BSMU

**Institution: BSMU**

The team of Bukovinian State Medical University (BSMU) took part in the third stage of the **Train the Trainers** workshop within the framework of the Erasmus+ **UkraineDigiTrans project**, which started at Laurea University of Applied Sciences (Finland). The BSMU participants included Sergii Sazhin, Olena Korotun, Tetiana Shchudrova, and Iryna Popova.

During the first day of the training, representatives of Ukrainian universities shared their experience in implementing teaching excellence courses. **Tetiana Shchudrova**, the project manager and coordinator at BSMU, **presented the results of a survey conducted among Ukrainian educators on the level of resilience** — a key focus area of the project.
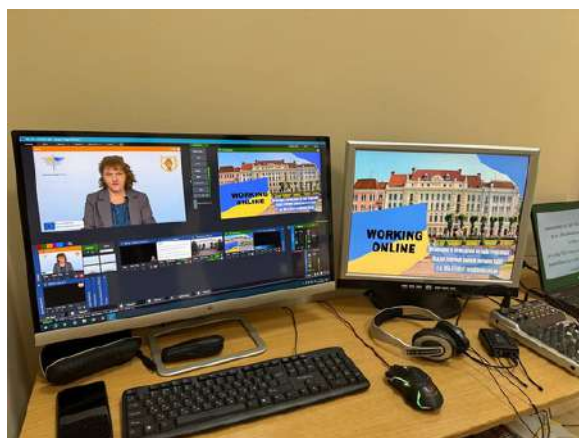
Also our team is actively proceeding with the third round of the Train the Trainers course at home following the TTT in Finland. A group of participants from the clinical and theoretical Departments of BSMU are enrolled in five sessions that will take place in November and December of 2025.

The topics of the sessions included **pedagogical media, a recap of learning design** (with a focus on methods developed exclusively at Laurea UAS), **scenario-based learning, AI for medical pedagogy**, and a **workshop on new digital tools** for medical educators. One session took place in a professional recording studio, where participants could bring their creative ideas to life by producing videos and podcasts for new courses.







This experience will boost motivation to create new interactive pedagogical media and enthusiasm to advance medical education.

# Implementation of Digital Technologies in Medical Education: NMU's Experience within UkraineDigiTrans

**Institution: HMU**

The team from Bogomolets National Medical University participated in the Finland session of the **Train the Trainers** workshop. The university representatives included Professor Oksana Vyhovska, Professor Yevheniia Burlaka, Professor Lesia Lymar, Associate Professor Inna Kucherenko, Associate Professor Anna Blaha, and Associate Professor Andriy Burdeinyi.



The knowledge and experience they gained were implemented in the faculty course **"Professional Competence of a Lecturer: Digital Pedagogy"**, which started on November 21 at the university within the framework of the Erasmus+ **UkraineDigiTrans** project.

The topic of the first session was **resilience** — the ability to adapt and recover under prolonged stress. Participants explored practical methods for strengthening psychological resilience, including auditing digital habits, information detox, and creating a personal set of support resources. Mobile applications for mental health were demonstrated, including **BetterMe, MendSelf,** and the **Healthy Mind platform**, presented by Margarita Stepanenko and Darina Romanovska.
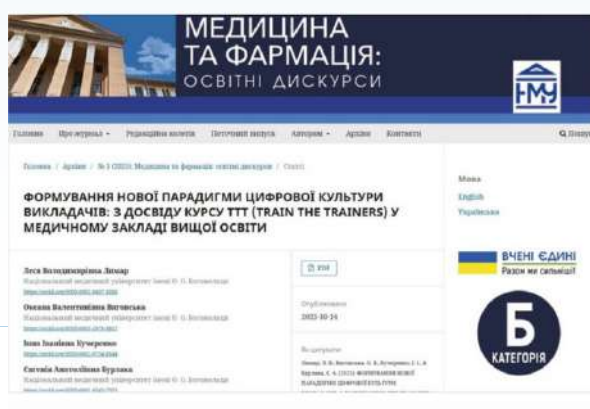
The practical part of the training included a session on mindfulness practices led by Andriy Burdeinyi, introducing participants to **awareness techniques, breathing exercises,** and **self-regulation methods to reduce stress and prevent burnout**.

An important contribution to the topic of digital resilience was also made by Inna Kucherenko, who emphasized **the conscious use of technology to support mental health.**
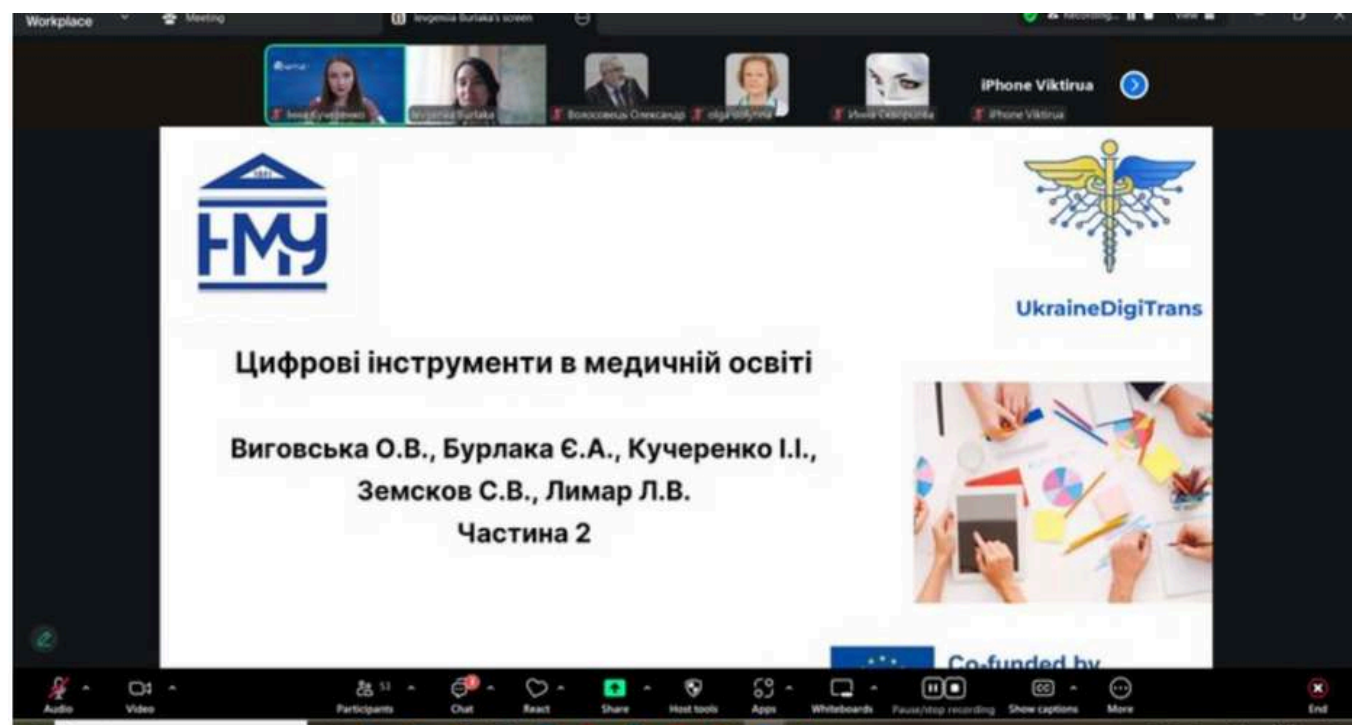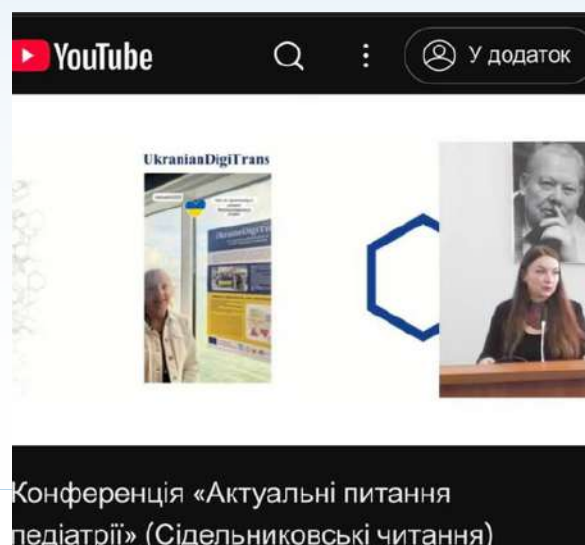
Representatives of the university participated in numerous professional events, conferences, and trainings, showcasing **modern digital** and **simulation solutions**, **remote learning platforms, mobile applications**, and **artificial intelligence tools for training future doctors**.

Special attention was given to developing faculty digital competence through **the NMU School of Digital Competence**, as well as implementing hybrid courses, micro-courses, and a repository of educational resources in collaboration with universities in Finland, Greece, and Ukraine.

The university's professional achievements were highly recognized at the XVII International Exhibition **"Innovation in Modern Education",** and the results of trainings and project activities were highlighted in the journal **"Medicine and Pharmacy: Educational Discourses".**

# UkraineDigiTrans at ONMedU: From Virtual Patients to Artificial Intelligence

## Institution: ONmedU

As part of the Erasmus+ project UkraineDigiTrans: Digital Transformation of Medical Education in Ukraine, Odesa National Medical University organized five thematic seminars during the 2024–2025 academic year aimed at strengthening the digital competencies of academic staff.

### 1. Transformation of Teaching and Learning in the 21st Century

The seminar focused on the new role of educators, learning design principles, and the advantages of the flipped classroommodel.
Speaker: Kateryna Usychenko.

### 2. Pedagogical Media: Podcasts and Videos

Participants learned to create high-quality educational content and explored the benefits and best practices of using artificial intelligence in higher education.
Speaker: Andrii Ponomarenko.

### 3. Interactivity in Learning through Digital Tools

The session introduced interactive platforms such as Menti, Miro, and Forms, discussed online course development, and presented micro-courses and micro-content as tools for engagement.
Speaker: Kateryna Nitochko

### 4. Ethical Aspects of Digital Education and Pedagogy

The seminar explored ethical challenges and opportunities in digital pedagogy, emphasizing responsible approaches to technology in education.
Speaker: Tetiana Khimenko.

### 5. Cybersecurity in Healthcare: Challenges for Educators and Medical Professionals

The final seminar addressed cybersecurity principles, data protection, and online safety in healthcare and academic contexts.
Speaker: Yurii Petrovskiy.

The second cycle was held in November 2025. This course offered a comprehensive overview of **Artificial Intelligence (AI)**, starting with its general principles, advantages, disadvantages, and important ethical aspects. Special attention was paid to the legal and regulatory framework for the use of AI, including **EU legislation, the UNESCO framework, and Ukrainian methodological developments.** In addition, participants studied practical AI tools, both general-purpose and domain-specific, as well as learned how to use **Microsoft 365** tools effectively.

- Artificial Intelligence: General Principles. Advantages and Disadvantages. Ethics of Use (Speaker: Kateryna Usychenko)
- Artificial Intelligence: Regulations and Rules of Use. EU Law, UNESCO Framework, Methodological Developments of the Ministry of Digital Transformation, and Guidelines of Odesa National Medical University (Speaker: Kateryna Nitochko)
- Microsoft 365: Tools and Practical Tips for Their Use (Speaker: Tetiana Khimenko)
- Artificial Intelligence: General and Domain-Specific Tools (Speaker: Maksym Shostak)

# IFNUL Implements Modern Methods within the UkraineDigiTrans Project
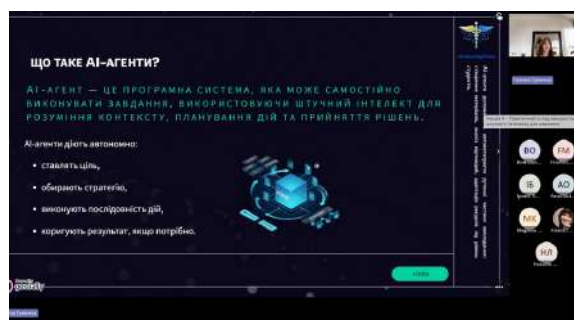
## Institution: IFNUL

The team from Ivan Franko National University of Lviv continues its active participation in the international project **UkraineDigiTrans: Digital Transformation of Medical Education in Ukraine.**

In October, representatives of the University took part in the third project workshop, held at the Laurea University of Applied Sciences campus in Vantaa, Finland. LNU was represented by Olha Oseredchuk, Project Coordinator; Halyna Humenna, Head of the Laboratory of Innovations in Digital Education; and Yuliia Osidach, Lab Assistant at the Development and Fundraising Department. Participants worked on issues related to **digital transformation, exchanged experiences,** and **jointly developed solutions** to improve medical education in Ukraine.

In November 2025, within the framework of UkraineDigiTrans, the University hosted the third training module for faculty: **"Digital Transformation of Higher Education: Tools, Strategies, and Future Directions".** The program included five online lectures.

Participants learned about creating educational courses using mind maps (speaker: Olha Sych), approaches to developing educational podcasts (speaker: Yuliia Osidach), and the use of feedback and reflective interviews to improve courses (speaker: Olha Oseredchuk). Some sessions were dedicated to practical applications of artificial intelligence in learning (speaker: Halyna Humenna) and the use of AI technologies in the educational process (speaker: Vasyl Petryshyn).

Another important event was the presentation of the UkraineDigiTrans project **at the Erasmus+ Information Day in Higher Education**, which took place on December 2, 2025. The project was **presented by Olha Oseredchuk**, who shared practical experience in preparing successful Erasmus+ applications and emphasized the importance of a strong consortium, careful planning, and avoiding common mistakes when developing projects.